



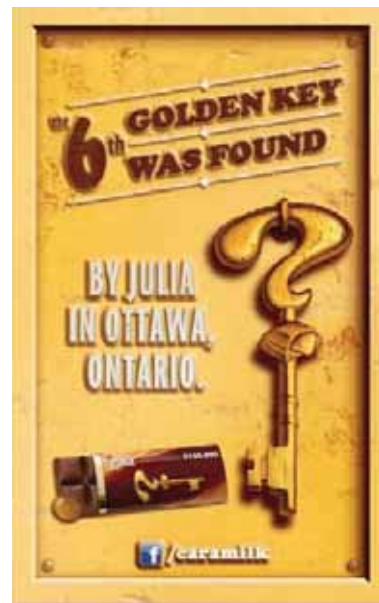
'IT'S VERY CHILLY'
HARBOUR PLUNGE
RAISES MONEY FOR
CANCER {page 4}

**CROSBY NOT
SHUT DOWN: AGENT
REPORT SAYS SID HAS
SETBACK** {page 20}



**HURRICANE
IRENE
COULD HIT
US SUNDAY**

{page 6}



THESE ARE NOT THE OFFICIAL RULES. NO PURCHASE NECESSARY. Contest closes August 28, 2011. Look inside for 1 of 10 Winning Keys for a Traveler's Prize, consisting of (1) a Traveler's Bag (MAY \$2,620) and (2) a yearly supply of Caramilk bars (MAY \$450) for 25 years OR change for \$10,000. Odds: no less than 1 in 1,630,933. Filled key no less than a 1 in 10 chance to win up to \$250,000. Must be age of majority. Skill-testing question required. Full rules at caramilk.ca or call 1-866-782-5267. Trademark, used under license.

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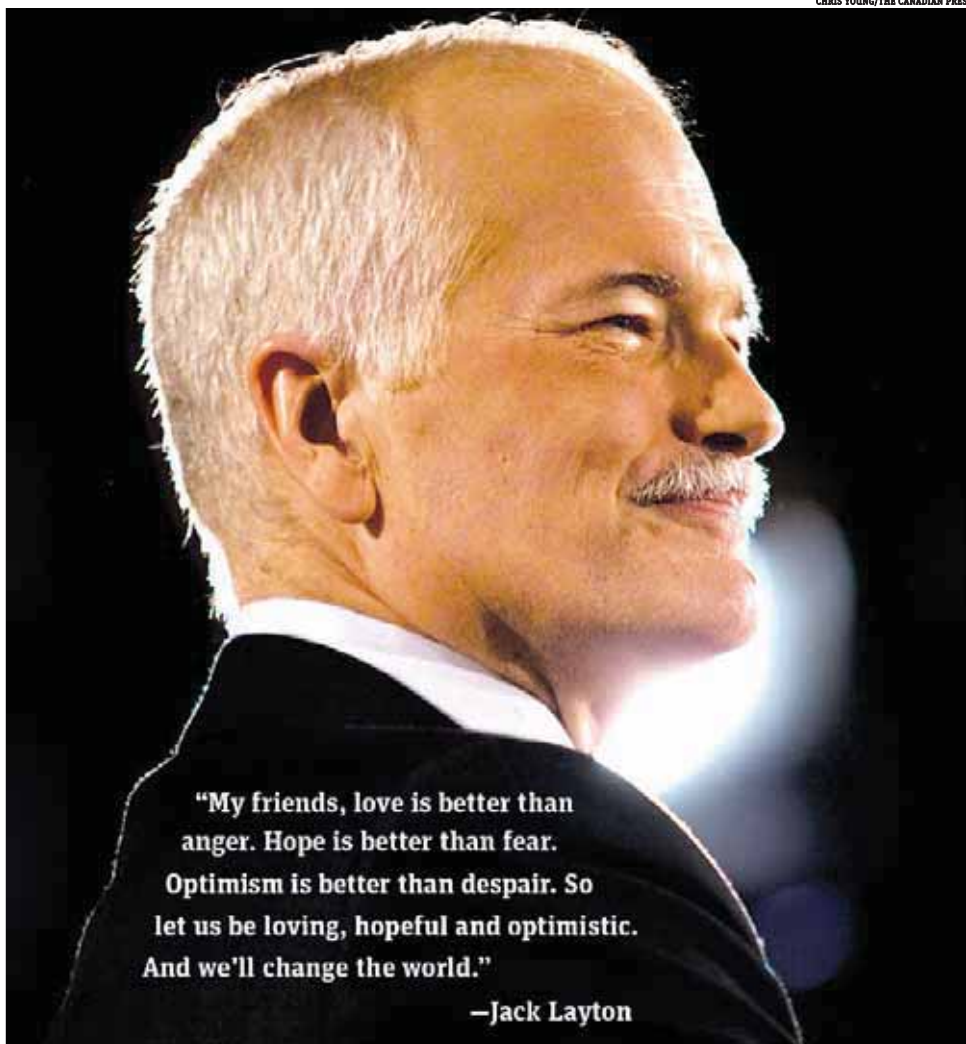
Tuesday, August 23,
2011

www.metronews.ca



News worth
sharing.

CHRIS YOUNG/THE CANADIAN PRESS



**"My friends, love is better than
anger. Hope is better than fear.
Optimism is better than despair. So
let us be loving, hopeful and optimistic.
And we'll change the world."**

—Jack Layton

Farewell, Jack

► State funeral for Layton on Saturday
► 'He's not just my leader. He's my friend,
and he's like a family member': Halifax MP



**ALEX
BOUTILIER**
@METRONEWS.CA

Megan Leslie got into politics
because of Jack Layton.

The Halifax MP, who took over
for Alexa McDonough in 2008, said
she was first prompted to join the
NDP when Layton ran for the leader-
ship in 2002.

"There was this councillor from
Toronto. I don't know, he kind of
captured my imagination," she said
yesterday from Halifax.

"He had this passion and this
scrappiness about him that I really
liked and I thought ... 'I want to
be a part of what this guy's doing.'"

Now Leslie, like many other of
Layton's colleagues and friends
across the country, is grappling
with the news of his death.

The federal NDP leader died yes-
terday at the age of 61.

Peter Stoffer worked with Lay-
ton longer than most in the NDP

**"I joined the party
because of him, I'm an
MP because of him."**

HALIFAX MP MEGAN LESLIE

caucus. The veteran MP said Lay-
ton preached respect above the bit-
terness and tribalism that can infect
our political discourse.

"What he taught me, more than
anything, was the ability to listen
and to show respect for arguments
you may not find palatable," said
Stoffer.

Layton visited Halifax in Janu-
ary for Robert Chisholm's nomi-
nation in Dartmouth-Cole Harbour.

At the time, few gave Chisholm
a chance to oust incumbent Liber-
al Mike Savage.

"He was very supportive, and
offered advice and help ... and I
was incredibly inspired during this
campaign by him," he said.

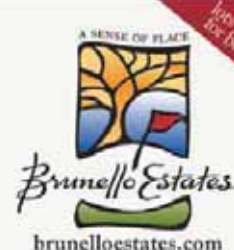
More coverage {page 3, 8}



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'A good friend I could always count on': Dexter

► Nova Scotia premier pays tribute to friend and mentor ► Provincial NDP politicians and staff struggle with the news of Layton's death



► Premier Darrell Dexter speaking about Jack Layton at One Government Place yesterday.



ALEX BOUTILIER
@METRONEWS.CA

Darrell Dexter was visibly shaken as he read from a prepared statement on the death of federal NDP Leader Jack Layton.

At One Government Place yesterday, Dexter told reporters he considered Layton a friend, mentor, and a great Canadian.

"Jack and I spoke during difficult times, we spoke during some of the great moments in our lives," Dexter said, chok-

ing back tears. "I could always count on my good friend Jack Layton. I will miss him."

Nova Scotia's first New Democratic premier said it was "unfair" that Layton's death came so soon after his "tremendous success in the federal election."

"It is now left to others to honour Jack by taking up the great opportunity he left this country," Dexter added.

Dexter's press secretary, Jennifer Stewart, was part of that election campaign, working in media rela-

"Canadians have lost a man with a rare ability to both lead and unite our country."

PREMIER DARRELL DEXTER

tions for Layton.

She said he was so full of energy during the campaign, photographers asked her to try and slow him down on his approach to the podium so they could get a decent shot.

"If he was ever in pain, or ever tired, he never showed it for a second,"

said Stewart.

"I never once saw him wince or falter ... He worked out more than I did during the campaign. He's down on the treadmill and I'm like 'Ah, I just had french fries for lunch.'"

Stewart predicted Layton will find his place among two other oft-cited NDP heroes — Tommy Douglas and Ed Broadbent — in the years to come.

"He's been a pillar. And he will continue to inspire people long after he's gone," she said.

"Jack was a strong, charismatic leader who worked tirelessly on behalf of his constituents and his party."

PETER MACKAY, DEFENCE MINISTER



► Peter MacKay

"He embodied the sincerity and respect that should guide each one of us in our professional lives."

STEPHEN MCNEIL, N.S. LIBERAL LEADER

"Our country has lost a strong political voice just as he was reaching the pinnacle of a distinguished career of public service."

JAMIE BAILLIE, N.S. PROGRESSIVE CONSERVATIVE LEADER

"He led his party to official Opposition status while battling ill health. It was a remarkable achievement ... I am saddened that Mr. Layton did not live long enough to enjoy his well-deserved success."

MAYOR PETER KELLY

● ALEX BOUTILIER

1
news



Investment adviser Allan Small on why investors should stick to the stocks they know. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at
metronews.ca



An NDP staffer tells Metro about plans to follow in Layton's footsteps after leader's death. More at metronews.ca/halifax

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MISSING SWIMMER

Drowning victim identified

Police have released the name of a man who drowned while swimming at Kejimikujik National Park over the weekend.

Police say Richard Scott Taylor, 41, of Portuguese Cove, died after he apparently got

caught in a strong current that pulled him underwater.

RCMP divers went searching for the missing swimmer on Sunday afternoon after he ran into trouble out in the water.

His body was found in the Mills Falls area around 9:15 a.m. yesterday.

Twenty-two ground search-and-rescue members from around the area joined police in the search effort.

● METRO

1 hurt in pellet gun shooting

Halifax-area RCMP are investigating a shooting involving a pellet gun on Sunday night.

Police say the shooting occurred during an argument that broke out among six males near the

Recovering

His injuries are not considered to be serious

Lakeside Community Centre on the St. Margarets Bay Road.

Police say the victim was shot about eight times in the upper body area. He was treated for his wounds in hospital.

THE CANADIAN PRESS

All for a good cause

ALY THOMPSON/FOR METRO



► Barbara Fickes celebrates after getting out of the Halifax Harbour following her lunch-hour plunge.

► Plunge into Halifax Harbour raises about \$700 for the Terry Fox Foundation

ALY THOMPSON
HALIFAX@METRONEWS.CA

Barbara Fickes has boldly gone where few have willingly gone before.

The provincial director of the Terry Fox Foundation in Nova Scotia jumped into the Halifax Harbour yesterday afternoon.

"It's very chilly," Fickes said as she floated close to the wharf at Nathan Green Square on the Halifax Waterfront during the lunch hour.

Fickes, who has worked for the foundation for five years, said the idea emerged from an office brainstorming session.

"I was looking for a fun and unique way to raise funds for cancer research,"

"During the 'three, two, one' there were a few butterflies in my stomach, but I was determined."

BARBARA FICKES,

TERRY FOX FOUNDATION

she said after lounging in the harbour for nearly three minutes.

"It was really fun ... and I don't have any extra arms or eyes, so it's all good."

This isn't the first time Fickes has gotten creative for her cause. Last year she dyed her hair "fire-engine red" to raise money for the foundation, she said.

The plunge comes just under a month before the 31st annual Terry Fox Run on Sept. 18.

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Shanghai family discovers the beauty of good advice on Atlantic shore

While an eye for beauty is similar around the world, banking methods are very different in a new country, according to Quanhong Chen, who brought his family to Canada in 2009.

Drawn to Atlantic Canada's peaceful beauty, Mr. Chen and his wife Li – successful beauty professionals from Shanghai – soon realized the challenges of settling in a foreign land. Fortunately, they found solid financial advice, in their native language, to unveil their goal of homeownership by the sea.

By chance, during a tour of Halifax, the family's creative spirit was ignited when they stumbled upon a house that matched Mr. Chen's aesthetic ideal. "I always dreamed of a home with a view of water, trees and flowers," he recalls, describing the six-bedroom home on Bedford Basin that bore no comparison to their cramped Shanghai apartment.

But beauty seemed fleeting when their bank offered them unattractive mortgage terms due to their short Canadian credit history. On the suggestion of a friend, they visited Scotiabank where they were greeted by a Mandarin-speaking personal banking officer who explained all the details of home-buying in Canada.

"This was our first mortgage ever and we didn't know anything about the real estate market," says Mr. Chen. He notes that the Scotiabanker took the time to carefully explain the various mortgage options.

In fact, Scotiabank has earned considerable praise from immigrants for offering tailored services such as the **Scotiabank StartRight®** Program¹ for Newcomers, which includes a free day-to-day bank account for one year², a wide range of VISA® card options³ and a number of other customized services and benefits.

A year after moving into their seaside home, the Chens are very happy with the service they received from Scotiabank, and Mr. Chen also appreciates the good advice he received in his native tongue, "It was so important to have a banker from our own culture who could give suitable advice. A mortgage is a very serious decision and it's hard to talk about this topic in a new language."

Mr. Chen also advises other newcomers to seek quality counsel from a banker who understands their concerns, including the need for credit upon arrival to help cover high settlement costs.

Now the Chen family is busy, both enjoying and enhancing the local beauty, as operators of the Cantrust Salon in Clayton Park, Halifax. "While business and banking are different here, beauty is the same – we love the friendly people, and we feel positive about our future."

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With good advice from Scotiabank, Quanhong Chen is enjoying Canada's natural beauty.



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The Scotiabank StartRight Program, created for Canadian Landed Immigrants from 0-3 years in Canada, International Students and Foreign Workers.
The Contest commences at 12:01 a.m. (ET) on April 1, 2011 and ends at 11:59 p.m. (ET) on March 31, 2012 (the "Contest Period"). No purchase is necessary. To enter this Contest, entrants must register online at startright.scotiabank.com/srcontest. There will be one (1) Grand Prize awarded consisting of a ten thousand dollar (CAD 10,000) cheque payable to the winner and deposited into the winner's Scotia PowerChequing® account. The Grand Prize winner will be randomly selected on April 2, 2012. There will be three (3) Secondary Prizes awarded, each consisting of a three thousand dollar (CAD 3,000) cheque payable to each winner and deposited into each winner's Scotia PowerChequing account. One (1) Secondary Prize winner will be randomly selected on each of the following dates – August 2, 2011; December 1, 2011; April 2, 2012. Entrants in each draw period that have not been selected as a winner will be entered into the subsequent draw. Chances of winning depend on the total number of eligible entries at each draw date. This Contest is open to residents of Canada that have reached the age of majority in their province or territory of residence by the start of the Contest Period. Employees of The Bank of Nova Scotia, Carlson Marketing, Capital C, Rapp (and persons domiciled with them and immediate relatives) are not eligible to enter. Only one entry per person is permitted. Correctly answering a skill-testing question is required to be officially declared a winner. For full Contest details, go to startright.scotiabank.com/srcontest.

Layoffs to come

► NewPage to let more than 1,000 workers go as mill shuts down indefinitely ► There's about 550 working at the Port Hawkesbury mill, which has been unprofitable

About 1,000 people working for the NewPage Corp. paper mill in southern Cape Breton will be laid off next month for an indefinite period as the American-owned company struggles to cope with a stronger Canadian dollar and rising rates for shipping and electricity.

The Ohio-based company said yesterday its Port Hawkesbury mill has been unprofitable for more than a year.

As a result, the plant's two paper machines will be shut down separately on Sept. 10 and Sept. 16.

"Despite the continued dedication and efforts of our team at Port Hawkesbury to drive cost improvements, extremely challenging economic conditions at this location have forced us to make this difficult ... deci-

Grits weigh in

Liberal critic Michel Samson said the provincial government has mismanaged the NewPage file.

"We know that ever-increasing power rates, fuel costs and sky-high taxes are a problem for all businesses," Samson said in a statement. "NewPage's closure is proof of this and it is my fear that we will continue to see job losses as a result of Darrell Dexter's economic agenda."

sion," the company's president and CEO, George Martin, said in a statement.

Premier Darrell Dexter said the sudden loss of jobs at one of the area's

largest employers represents a "devastating turn of events."

"I can't think of a more difficult position for the families that will be affected by this decision," Dexter told an impromptu news conference in Halifax. "We want to make sure this kind of event is as short as possible ... I've told (the company) that I am prepared to assist and look for ways to try to help."

Dexter said he planned to meet company executives as early as this morning.

The rise in the value of the Canadian dollar in comparison with the U.S. dollar has made the mill's products too expensive for some American customers.

THE CANADIAN PRESS

Wharf. Rock



► Members of the band Snail Party entertained those during the lunch hour on the Halifax waterfront near Murphy's Cable Wharf yesterday. Many people were out and about as it was another muggy day in the city.

ALY THOMPSON/METRO

Snail Party entertains waterfront

Cops arrest men after alleged drug deal

Three men from the Halifax area are facing charges relating to an

alleged drug deal in Dartmouth on Friday.

Halifax Regional Police say a 39-year-old Porters Lake man, along with two Halifax men, aged 24 and 25, are facing charges of drug possession for the purpose of trafficking. Around 7:30 p.m., police saw what they believed

was a drug deal taking place in a parking lot around Mic Mac Boulevard and Woodland Avenue. Two men were arrested a short distance away. Police say they found marijuana, cocaine, hashish, ecstasy and cash. A third man was arrested during a traffic stop. ● METRO

'High likelihood' that Irene will visit N.S.

Hurricane Irene could slam into Nova Scotia over the weekend.

Chris Fogarty, with the Canadian Hurricane Centre in Dartmouth, said yesterday there is about a 70 per cent chance the storm will make it to the province.

"That's fairly high and

there is a high likelihood that we'll be affected in some manner. But there's no way you can tell a week ahead of time whether it will be one heck of a wind storm or just some heavy rain for a few hours," he said.

He said to expect Irene at our doorstep on Sunday.

Irene is the ninth named storm of the season, and potentially the first to hit Nova Scotia. Its eight predecessors have missed the Maritime provinces, but that isn't out of the ordinary, said Fogarty.

"We usually aren't affected in July or June. It's quite unusual. August is

when we usually start to deal with them," he said, adding that water temperatures have warmed up, which increases the chances of Irene making it up this way.

Fogarty said in order for the hurricane to be a potentially damaging event, it would have to stay over

the Atlantic Ocean. If the storm travels inland, we could still see a lot of rain, he said.

"Either way you look at it, the wind and rain aspects are still very likely."

Yesterday evening, Irene was a Category 1 hurricane with winds of nearly 130 km/h and was located

9 The potential number of named storms left before the hurricane season ends in November, according to the Canadian Hurricane Centre.

near the Dominican Republic. ● ALY THOMPSON

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News in brief

Police look into trailer break-in

Police are investigating a break and enter into an abandoned trailer in Lower Sackville early yesterday.

At about 2:30 a.m., Halifax RCMP were called to 25 Manor Dr. where they found an empty trailer with the light on and a window open, said

spokesman Cpl. Scott MacRae.

After about an hour, a police dog was able to locate two youth males behind a residence on Dresden Court. ● METRO

Suspicious fire engulfs garage

Police are investigating a suspicious fire that engulfed a detached garage on Upper Governor Road in East Preston on Sunday.

At about 1 a.m., Halifax RCMP were called to a

residence where a garage was completely consumed by flames, said spokesman Cpl. Scott MacRae. ● METRO

EI centres to downsize, union says

The union that represents federal workers says Employment Insurance processing and call centres in Nova Scotia, Prince Edward Island and British Columbia are going to be downsized.

THE CANADIAN PRESS



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FALLING UNDER LAYTON'S CHARM

PAUL SULLIVAN
METRO



I had lunch with Jack Layton once. I wrote a column about the West and the man from Toronto to needed votes in the West, so we found ourselves at my favourite Szechwan restaurant in Vancouver.

The first surprise is that he ordered in Cantonese — learned from his wife, Olivia Chow. It surprised

me, but the waiter was dumbfounded after so many years of being yelled at by unilingual patrons intent on ordering the fried green beans Szechwan style.

So I was impressed from the get-go.

Then we started talking about his roots in Hudson, Que., and it turned out we knew a bunch of the same people from Hudson. So after five minutes, he was my BFF.

I'm still not sure how it happened; it sure didn't take him long to get past the Dobermans. I was an easy victim of that leg-

endary Layton charm.

But it wasn't until he started answering questions that I began to understand why more people ended up trusting Jack Layton than the rest of his party, not to mention Michael Ignatieff and the Liberals.

Ignatieff once insulted Jack by calling him a politician, but if all politicians were like Jack Layton, we'd live in a happier nation. Unlike most politicians — unlike Michael Ignatieff — Jack actually enjoyed mixing it up over fried beans and orange-peel chicken.

The interview turned into a kind of argument about energy. I asked him what he would say to oil company CEOs about the oilsands, and while he didn't reject the oilsands out of hand, he came back at me with all kinds of questions about their sustainability and about depending on an inefficient and limited source of energy when there were so many alternatives to be developed. He stuck to his guns even though it would have been better politics to stick to the usual array of meaningless messages.

Talk about energy. Jack

could light a city the size of Winnipeg with the passion and enthusiasm he brought to his arguments. But he brought something else — he was comfortable with his own answers. It was as if he actually believed what he was saying.

We stayed and argued long past the hour allotted for lunch. His assistant's BlackBerry buzzed ominously but Jack kept going.

But now he's gone for good. Though not before making several million friends, including one cynical columnist, at lunch.

We'll miss him.

An excerpt of a letter from Jack Layton to Canadians, dated Aug. 20, 2011.

... To young Canadians: All my life I have worked to make things better. ... As my time in political life draws to a close, I want to share with you my belief in your power to change this country and this world. There are great challenges before you, from the overwhelming nature of climate change to the unfairness of an economy that excludes so many from our collective wealth, and the changes necessary to build a more inclusive and generous Canada. I believe in you. Your energy, your vision, your passion for justice are exactly what this country needs today. You need to be at the heart of our economy, our political life, and our plans for the present and the future.

And finally, to all Canadians: Canada is a great country, one of the hopes of the world. We can be a better one — a country of greater equality, justice, and opportunity. ... My colleagues in our party are an impressive, committed team. Give them a careful hearing; consider the alternatives; and consider that we can be a better, fairer, more equal country by working together. Don't let them tell you it can't be done.

My friends, love is better than anger. Hope is better than fear. Optimism is better than despair. So let us be loving, hopeful and optimistic. And we'll change the world.

All my very best,
Jack Layton

READ THE LETTER IN ITS ENTIRETY
ONLINE AT METRONEWS.CA



"I know one thing: Jack gave his fight against cancer everything he had. Indeed, Jack never backed down from any fight."

PRIME MINISTER STEPHEN HARPER

- @fortunafilius "#jacklayton was a giant of a man & a what an inspiring man he was! Thank you for everything! #loveisbetterthananger"
- @natniles "Canadian men should sport the 'Layton' for November this year in honor of Jack."
- @bdgordonatlargo "Just read the letter by #jacklayton. A truly happy warrior. Men: let your doctor get to know you better."
- @elizaboathy "Still reeling over #jacklayton. I can't imagine being this heartbroken over the passing of any other Cnd. political figure."



"We remember the Tommy Douglas quote Jack included in every email he sent: 'Courage my friends, 'tis never too late to build a better world.'"

INTERIM NDP LEADER
NYCOLE TURMEL

Jack Layton, 1950-2011

Looking back at the life and times of late NDP leader Jack Layton.

July 18, 1950

Born in Montreal and grew up in Hudson, Que. He took his BA at Montreal's McGill University in the late 1960s, when radicalism blew through campuses like a stiff gale. The rebellious vigour of the times led him to political activism.

1982

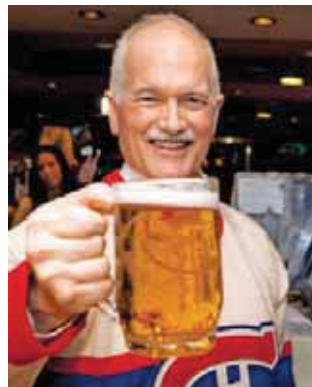
First elected to Toronto city council. Layton, seen here in 1985, served on Toronto and Metropolitan Toronto councils for 20 years. He was a politician in the mould of a people's tribune,



with rolled-up sleeves, 14-hour days and seven-day weeks.

May 2, 2011

Layton, seen here on the campaign trail in Montreal in April, leads the NDP to a record 103 seats and official



Opposition status. Two months later, he would take a leave of absence to deal with another type of cancer.

Feb. 10, 2010

Tells public he was diagnosed with prostate cancer.

1950

1969

1982

1988

2003

2006

2010

2011

1969

Marries high-school sweetheart Sally Halford. The marriage, which produced two children, ended in 1983.

July 9, 1988

Marries Olivia Chow, seen here together in 1991. They would become the go-to couple of the left in Toronto politics. They rode a tandem bicycle along the waterfront, entertained, led rallies, marched in parades, ran for office and won.



Sept. 10, 2006

Layton, seen on Day 3 of the 2006 NDP convention in Quebec City, receives 92 per cent approval rating.



2003

Elected leader of the federal NDP, winning on the first ballot. After which, Layton, seen here at a Toronto Father's Day charity event in 2004, criss-crossed the country to raise the party profile. The trademark grin, the brush moustache, the earnest optimism, the characteristic head tilt were the tools of his trade.



Aug. 22, 2011

Layton's death from cancer at the age of 61 spurs an outpouring of grief across the country.



For more coverage, go online to metronews.ca/jacklayton.

► **Video:** Layton's appearances on The Rick Mercer Report and an interview with Nardwuar.

► **Photos:** Mourners pay tribute to Layton on Parliament Hill.

Gadhafi nowhere in sight in Libya

Libyan leader Moammar Gadhafi was nowhere to be found yesterday as his 42-year rule teetered on the brink of collapse.

Months of NATO airstrikes have left his Tripoli compound largely demolished. Most of his security forces fled or surrendered when rebel forces rolled into the capital Sunday night and took

control of most of the city.

Rebel spokesman Mohammed Abdel-Rahman, who was in Tripoli, said the "danger is still there" as long as Gadhafi remains on the run.

"The real moment of victory is when Gadhafi is captured," Mustafa Abdel-Jalil, head of the rebel National Transitional Council, told a news con-

ference in the opposition's de facto capital of Benghazi, hundreds of miles east of Tripoli.

He said the rebels have no idea where Gadhafi is and if he is even in Tripoli.

An Obama administration official said the U.S. had no indication that Gadhafi had left Libya.

THE ASSOCIATED PRESS



► A resident greets advancing rebel fighters on the outskirts of Tripoli.

Gadhafi's life

► Gadhafi has seven sons and daughters who all played pivotal roles in his regime throughout the years.

► The leader's son Seif al-Islam, who was captured on Sunday, was set free yesterday.

► The leader, who has been in power for 40 years, pledged to stay in Libya no matter the outcome.

Picking up the pieces in Goderich

► Canada's 'prettiest' small town left in shambles ► Locals given 12-minute warning before storm hit

Residents of a town dubbed the prettiest in Canada returned yesterday morning to homes destroyed by the most powerful tornado to hit Ontario in years, dissolving into tears as the depth of the devastation sank in.

One woman said residents of the picturesque Lake Huron community of Goderich were in obvious shock and seemed paralyzed as to what to do next.

"This is the worst damage I've ever seen," said Environment Canada's Randy Mawson, who has been investigating storms for 36 years.

As the day went on, residents busied themselves clearing debris from their homes, hauling splintered furniture to the curb. Chainsaws buzzed as some residents sliced off dangling tree limbs, while others nailed shingles to patchy rooftops.

Storm details

- At least 37 people were injured and a 61-year-old worker was killed
- Winds of roughly 280 km/h carved a path about 500 metres wide in town.
- Environment Canada said Ontario hasn't seen a storm that powerful since 1996.
- The storm came nearly two years after a tornado claimed the life of an 11-year-old boy in Durham, Ont.

The mayor called the wreckage catastrophic and declared a state of emergency.

Premier Dalton McGuinty pledged at least \$5 million to the wind-ravaged town, which was hit with Ontario's worst tornado in the past 15 years.

THE ASSOCIATED PRESS



► A man and woman react as they clean up a tornado-ravaged house in Goderich, Ont.

Hunger, death still a reality in South Sudan

Two months after cattle raiders stole his entire herd, Nyati Kelabo stalks around this desolate river town, sleeping under a tree, begging for food and worrying constantly about how he will feed his five children and two wives.

South Sudan became the world's newest country in July, amid high hopes that it would leave its violent

past behind. A 2005 peace deal with the north ended a civil war and paved the way for January's independence referendum.

But the new country is already reeling from internal violence — often in the form of massive cattle raids — that is hurting communities.

The UN said yesterday that new clashes last week

have killed as many as 600 people, and that reports suggest that between 26,000 and 30,000 cattle have been stolen.

Jonglei state Gov. Kuol Manyang Juuk said eight villages were destroyed when warriors from the Murle tribe in Pibor county attacked the Lou Nuer tribe of Uror county on Thursday. Juuk estimated the death

toll at 125.

South Sudan's poorly disciplined security forces now face the challenge of containing insecurity not only along the contested border with North Sudan, but also among South Sudan's tribes, who have not yet been made to feel that they are equal and valued citizens.

THE ASSOCIATED PRESS

News in brief

IRA blamed for bomb attack

IRELAND. Police say British army experts have defused a small bomb that two men abandoned in a North Ireland bank.

Police believe Irish Republican Army dissidents were behind the attack.

THE ASSOCIATED PRESS

Famed Capote home in flames

KANSAS. Firefighters have put out a small fire at a rural southwest Kansas farmhouse where four family members were killed in 1959, sparking Truman Capote to write the critically acclaimed novel *In Cold Blood*.

The hunt for their killers mesmerized the nation.

THE ASSOCIATED PRESS

TAKE ALL NEW ENDEAVOURS IN STRIDE

SHE SAYS ...

JESSICA NAPIER
METRO



I always hated runners. As someone who only ever ran to catch the bus I thought of them as pretentious showoffs, herds of Lycra-clad gazelle sprinting through my neighbourhood and hogging the sidewalk.

Strangely, the more they annoyed me the more I wanted to be a part of it and so, at the beginning of the summer, I decided that maybe I should try. Of course, I couldn't muster up the motivation to get out there by myself.

I decided that if I was going to do this, a Learn to Run training clinic was probably the best place to start.

On the first day the instructor shared the secret to running: You only ever have to run for 10 minutes, and then you walk for one minute.

By maintaining a manageable 10-and-one pace, you allow your body to recuperate and are able to control that little voice inside your head telling you "This is too hard." I discovered that I could run forever if I only have to think about running another 60 seconds.

"By maintaining a manageable 10-and-one pace, you allow your body to recuperate and are able to control that little voice inside your head telling you 'This is too hard.'"

The first few weeks were torturous. My calves, shins, quads and other muscles that had been dormant for years were awoken in an excruciating manner.

Not only was I in constant physical pain, but I also felt self-conscious knowing that I didn't have any of the gear or gadgets to fit in with my new running club. Did I really need a GPS-enabled watch to calculate calorie expenditure and a four-bottle rehydrating fuel belt clipped around my waist?

But as the weeks progressed something unexpected happened — I started to enjoy myself. I felt better, ran faster and for longer, and I realized that if I stretched enough afterwards I could save my muscles from some of the burning pain I was inflicting upon them.

As I ran farther I started exploring new parts of the city. I came across hidden trails and waterfront paths populated with like-minded individuals, a dry-fit army bounding along with matching earbuds.

Sometimes, when I'm not too exhausted to use my facial muscles, I'll give these fellow pavement pounders a smile of recognition. I don't need to hate them any more; I'm one of them now — minus the \$300 shoes and pace-monitoring shoelace clip with iPod synchronization.

Becoming a runner has made me smug — not because I think that I am better than anyone else, but because I am becoming an improved version of myself. I've been reborn to run.

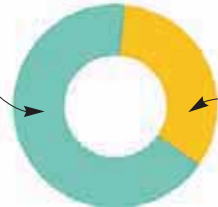
Read more of Jessica Napier's columns at metronews.ca/shesays



Register at
metropolitanpanel.ca
and take the quick poll

Should government label legal products such as tobacco and alcohol with warnings about adverse health impacts?

66%
YES, IT HELPS
ME MAKE AN
EDUCATED
CHOICE



33%
NO, IF IT'S SO
BAD MAKE IT
ILLEGAL

Letters

May God bless peace upon Jack Layton's soul for eternal infinite time. Jack Layton fought for a poverty-less society through his whole life — we should carry his spirit and work for his aspiration!

ABDULLAH-BAQUIE GHAZI,
TORONTO

Jack Layton demonstrated his political skill in taking advantage of the opportunity provided by the Liberals and Bloc.

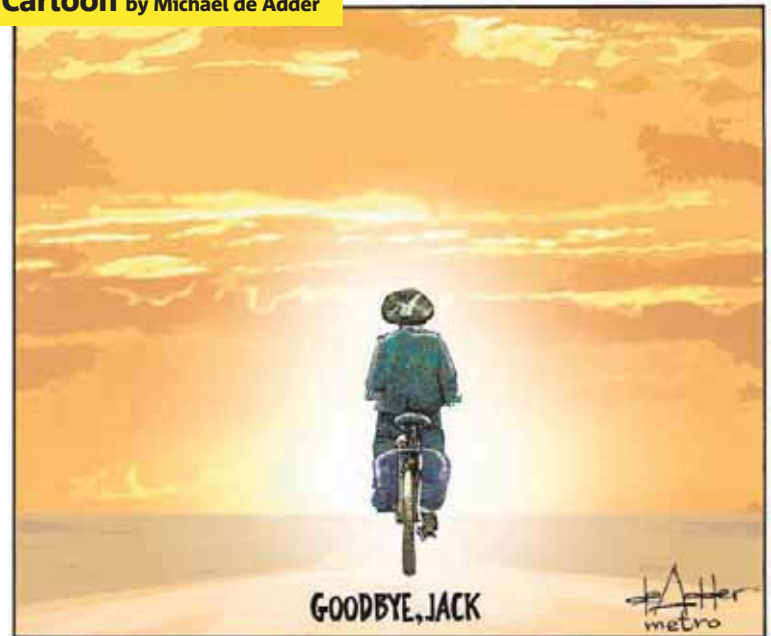
He developed his party into a mass movement and used a combination of his popular support and behind-the-scenes intrigue to propel himself into the official Opposition. Furthermore, he raised the profile of national socialism, showed how a country could behave, and created a virtual certainty that he would be misjudged by opponents. His shoes will not be easily filled.

WILLIAM PERRY,
VICTORIA

I campaigned against this man, we didn't see eye to eye on many issues, yet our hearts connected by our will to serve. His spirit will carry on in service of all who stand for social justice.

KEVIN CLARKE,
THE PEOPLES POLITICAL PARTY
OF ONTARIO

Cartoon by Michael de Adder



WEIRD NEWS

Suspected smugglers keep pot above water

Three suspected Mexican drug smugglers have found out the hard way that unlike their boat, marijuana floats.

Mexican marines say they rescued three suspected smugglers whose boat was sinking on the

Pacific Ocean and then arrested them after finding bales of marijuana floating around the vessel.

The navy said in a statement yesterday the men had been stranded off the port of Ensenada for more than a day before they radioed for help on Saturday. Authorities suspect the men threw the bales into the water before calling for help.

The navy said that when marines reached them, the men were removing water from the sinking boat, which had suffered an engine malfunction.

More than 120 kilograms of marijuana was floating near the vessel. **THE ASSOCIATED PRESS**

House costs sky-high





Home ownership in Canada became more expensive for the second straight quarter, but recent global market and economic turmoil could actually help keep a lid on expenses by keeping interest rates low, RBC Economics reported yesterday.

During the second quarter of 2011, the proportion of pre-tax income required to service the costs of owning a home increased for all types of houses measured in RBC's housing affordability index. But that trend may turn around

going forward, said Craig Wright, RBC's senior vice-president and chief economist.

"Renewed turmoil in global financial markets has caused heightened uncertainty with respect to the pace of global growth and we need to factor this into our outlook for the Canadian housing market," he said. "However, this volatility might have a silver lining; housing affordability in Canada may not deteriorate as quickly or by as much as we previously expected."

Market moment

Dollar	TSX	Oil	Natural gas
			
- 0.15¢ (101¢ US)	+60.89 (12,068.36)	+ 1.86¢ US (\$84.21 US)	\$3.891 (- 4.9¢) Gold \$1,891.90 (+ \$39.70)

The Bank of Canada will be in no hurry to raise interest rates in Canada, which helps keep variable rate mortgage costs down.

RBC expects that the

central bank will now keep interest rates at the current low one per cent until the middle of next year.

THE CANADIAN PRESS

Stocks. Oil



► Traders work in the oil options pit of the New York Mercantile Exchange yesterday. Oil prices are dropping as a rebellion in oil-rich Libya appeared close to ending.

RICHARD DREW/THE ASSOCIATED PRESS

Restoring Libyan oil exports

International oil prices fell yesterday because of the prospect that large oil shipments from Libya will hit the market again.



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The Untouchables

► The openings of Conan the Barbarian and Fright Night have remakes on the mind of moviegoers ► Here, a look at five classic films that Hollywood should have left alone

Winslet escapes fire



Richard Branson says guests including actress Kate Winslet escaped uninjured when fire tore through his luxury Caribbean home in the middle of the night. About 20 people were staying in the house on Necker, Branson's private isle in the British Virgin Islands. Branson said the fire broke out during a lightning storm.

THE ASSOCIATED PRESS



The Glee Project, where the winner gets a role on Glee, ends with a twist.



Psycho (1998)

Pretty much no one should go near Alfred Hitchcock, ever. But if you're daring enough to try, you should avoid doing a shot-by-shot remake of what is probably the master's best-known film. Still, you've got to admire Gus Van Sant's chutzpah. He shot it in colour — that's different — and added a few slight tweaks. Vince Vaughn plays the iconic Anthony Perkins role of Norman Bates and Anne Heche fills in for Janet Leigh as Marion Crane. But other than that, it's the same characters, same dialogue, same camera angles, even the same Bernard Hermann score from 1960. It's an intriguing exercise but, ultimately, a noble failure.



City of Angels (1998)

Wim Wenders' Wings of Desire (1987) is a modern classic, and it featured one of the greatest performances by the late Peter Falk. Melancholy, thoughtful and visually arresting, it followed unseen angels who watched over Berlin, observing people's actions, listening to their thoughts, quietly shaping their lives. City of Angels, by comparison, was too obvious — it spelled everything out and its emotions were too tidy. Brad Silberling turned this subtle story into a simple romantic comedy starring Nicolas Cage (as an angel) and Meg Ryan (as a heart surgeon), two actors who make absolutely no sense together.



The Women (2008)

George Cukor's 1939 cat fight, based on the play by Clare Boothe Luce, was intended as a satire of society mavens and their frivolous lives. In directing for the first time and writing the script, Murphy Brown creator Diane English made it a celebration. Sure, it had an all-female cast of solid actresses (Meg Ryan, Annette Bening, Cloris Leachman), as did the original, though perhaps not quite the stellar collection that included Norma Shearer, Joan Crawford and Rosalind Russell. Cukor's tone and timing were missing; English applied all the lighthearted instincts of her sitcom background and seemingly none of the insights of the source material.



The Invasion (2007)

There've been many versions of the sci-fi classic Invasion of the Body Snatchers, but this one had the least bite. Nicole Kidman, Daniel Craig and Jeffrey Wright went to waste as a few of the last citizens who managed to remain uninfected when a gloopy substance from outer space took over the population, turning people into emotionless drones. The whole point of this story has always been to serve as a reflection of its times. This time, there were passing TV news references to the war in Iraq and North Korean leader Kim Jong Il, but the film's political ideology felt tossed-in and half-baked. Worst of all, it wasn't the slightest bit scary or suspenseful.



The Karate Kid (2010)

This is admittedly a personal, nostalgic choice. But for anyone who grew up in the '80s, The Karate Kid inspires a deep fondness. Harold Zwart's version maintained the basic structure and even some key details, like the sweep-the-leg moment in the finale. It moved the setting from Los Angeles to Beijing, that's no big deal. The main problem was the casting of Jaden Smith, who was several years younger than Ralph Macchio was and looks even younger. And so neither the fighting nor the romance with a girl who's out of his league — two key components of The Karate Kid — made sense.

THE ASSOCIATED PRESS

Oops! I thought this was a pencil case.

Everything you need... and then some.

Back to School @ MIC MAC MALL

Adam Scott ready to party down

► Comedian hits stride with Parks and Recreation and Our Idiot Brother ► Dishes on future of Party Down



NED EHRBAR
SCENE@METRONEWS.CA
MWN IN HOLLYWOOD

the world and just couch-surfs — and has been for about 15 years. And hats off to him. I mean, think about how charming you

Woo. Appointment set for
@Bell_Aliant #FibreOP install.

 via@lovelacek

Adam Scott isn't taking anything for granted, even though he's now on an Emmy-nominated comedy, Parks and Recreation, and part of a killer ensemble in the new comedy Our Idiot Brother. Scott plays one of the few people enamoured by the titular idiot, Ned (played by Paul Rudd), in a cast that includes Elizabeth Banks, Zooey Deschanel, Steve Coogan and many more. Metro caught up with Scott to talk about couch-surfing, Emmy recognition and the legacy — and future — of Party Down.

Do you know anyone like Ned in real life?

Mm hm. I know someone that's still around — of course he's still around — but I mean he's in his 40s and he has yet to have an apartment or a job, but still somehow exists in

have to be to be able to do that.

Most of the characters get pretty fed up with Ned's super-positive outlook. How did you see it?

It's infuriating, yeah. I guess I saw him in that way, but I think the way my character sees him is I just think he's awesome and we just become buddies. Because he is great. He's one of those guys who's great at first, and then after a couple months you're like, "Wait a second. What the f— is this guy's deal?" But I think we just become fast friends, which was easy to do because Paul and I are buddies. So you know, it was stress-free.

How much of the rest of the cast did you get to see?

There was a scene where we're all there at



► Adam Scott is part of a star ensemble in Our Idiot Brother.

We finally have @Bell_Aliant coming to install #FibreOP tomorrow! Yippee!

 via@CindyBeeeee

the very end. I would see Coogan around. I don't know him at all, but I was like starstruck because I'm such a fanatic. It's f—ing Steve Coogan. Everybody was kind of around, but I was just kind of there on and off for the whole summer. I would kind

There's always the Party Down movie — or rumours about the movie at least.

Yeah, it's like 90 per cent there. Hopefully if we all get our s— together we can shoot it next summer.

How has it been to get that recognition for Parks and Recreation while it's still on

Before @Bell_Aliant #FibreOP - 20 down, 0.8 up. With Bell Aliant FibreOP - 70.57 down, 28.32 up. THANK YOU Bell Aliant!

 via@johnsgunn

of fly in for a few days and do a couple scenes and then come back.

Have you been finding a lot of Party Down fans in the industry since the show ended?

Yeah, it's great. I mean, when we were doing it, no one was watching it. Do you know how many people watched our series finale? Sixteen thousand. But since it got cancelled its popularity has really exploded, thanks to Netflix, mostly. Starz just never really got the show or wasn't sure what to do with it, plus Chris Albrecht took over and was kind of cleaning house, as people do often when they take over a network.

the air?

It's great. I mean, we got nominated for best comedy for an Emmy, and we were all so, so happy. It feels great because when we started the season last year, we weren't on the fall schedule and we didn't know when we were going to be on the air — if at all. I mean, the business is so unpredictable now. So to kind of get that recognition was really, really satisfying — I think more than it would've been if we had been totally confident the whole time. We just had to bury our heads in the sand and try to make a great show rather than just try to ignore everything that was happening.

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Benicio baby has arrived

► Mom, daughter of British singer-songwriter Rod Stewart, welcomes child sans del Toro

Kimberly Stewart gave birth to a baby girl Sunday in Los Angeles, according to Us Weekly.

While the baby's father, Oscar-winner Benicio del Toro, was not present at the hospital, her equally famous grandfather, British rocker Rod

Stewart was.

"Benicio is the father and very supportive," del Toro's rep said earlier this year.

"Although [he and Kimberly] are not a couple, they are looking forward to the arrival of the baby."

● METRO



► Benicio del Toro

ALL PHOTOS GETTY IMAGES

Depardieu feeling humiliated: Friend



► Gerard Depardieu

While Gerard Depardieu has been making headlines for urinating in the aisle of an airplane last week, the 62-year-old actor is feeling "humiliated," his friend Edouard Baer tells the BBC.

"Gerard was upset at this and offered to clean

up the mess," Baer says. "He has prostate problems and it was very worrying and humiliating for him."

Baer added that Depardieu was "stone-cold sober at the time. This is not the way he usually behaves." ● METRO

Quick Dish

Brad and his brood reeling in the fun in Scotland

GONE FISHIN'. Brad Pitt isn't letting long shooting days on World War Z keep him from enjoying being in Scotland.

The actor reportedly took his sons out for a bit of fishing recently on the grounds of their lavish rented estate, according to Us Weekly.

"Brad looked very proud of the boys, despite the fact that no one managed to catch anything," a source says.

"I don't think Brad particularly cared about getting a bite."

It was just nice to spend time with the boys after a long day at work."

● METRO

Celebrity tweets



"Dear Russell Mora, You are a travesty to all of the legitimate referees in boxing! You should be banned from the sport! Sincerely, Me"



@omarepps



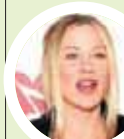
@SarahKSilverman

"Doing whatever I want, whenever I want, is just 1 of the great things about being single & barren."



@AlecBaldwin

"I shall get a dog. And I shall name it..... Governor Rick Perry."



@1capplegate

"If on a juice cleanse is it ok to have bread dipped in olive oil, since oo is technically juice and bread is..oh crap I ruined my cleanse"

Fresh prince of the west coast

Prince Harry is heading to the U.S. The young royal will reportedly spend two months in California and Arizona training on Apache helicopters, according to the BBC. After becoming an Apache pilot, Harry could be sent back to Afghanistan next year. ● METRO



Giving it another go

Three months after their divorce was finalized, Charlie Sheen and Brooke Mueller are reportedly "thinking of getting back together," a source tells Us Weekly.

The pair were spotted over the weekend boarding a private jet together and

smiling. "She's totally gung-ho," the source says.

"He just wants his kids to be happy, and if that means they need to be a family, then he is up for it. The kids have suffered a lot, and he feels so guilty lately."

● METRO



► Charlie Sheen

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Making time for you

► Wellness expert says the best way to recharge is with some alone time ► Unwind with you



CELIA MILNE
LIFE@METRONews.ca

Is life too busy? Do you feel overwhelmed? Overburdened? A little solitude may be just what the doctor ordered.

"Time alone is essential to our sanity," says Dr. Susan Biali, a Vancouver-based wellness expert, life coach and author of *Live a Life You Love: 7 Steps to a Healthier, Happier More Passionate You*.

You need solitude to rest, reflect, plan, dream, and breathe, explains Biali.

"If you don't get enough, you'll be cranky, stressed and even depressed."

For many people, especially introverts and creative people, constant stimulation is a form of physical and mental stress, and time alone helps to balance and defuse that stress. It can actually lower your blood pressure and deepen your breathing.

Mothers with young children and people caring for others get the least down time.

"Almost any mother I speak to says she is dying for more time alone but feels selfish or guilty in wanting it," Biali's advice? "Find the right balance for you and don't feel guilty about it. Being your healthiest, happiest and

Get alone time

So you need more time alone. How do you get it?

► **Declare social bankruptcy** This is when your schedule and commitments are out of control and you feel like you might self-destruct. The next time someone asks for your time, you say, "I'm so sorry, but I've declared social bankruptcy until further notice."

► **Exercise alone.** People who are demanding of your time will accept your desire to exercise for a long and healthy life, even if they don't understand your need to be alone. Try blending the two together. Dr. Biali goes for a walk every single morning by herself, to clear her head and gain energy for the day. Or, escape to the exercise bike in the basement.

most well-adjusted self if the best gift you can give to others, as ultimately you'll be able to give to them more effectively."

Signs that you need an alone fix: You are irritable, you feel like snapping, you feel like screaming, you fantasize about time alone, you feel weepy, worn out and exhausted.

Check with your doctor to make sure you're not clinically depressed.

Chances are, you just need a break.



► "I never said, 'I want to be alone.' I only said, 'I want to be left alone.' There is a whole world of difference," actress Greta Garbo famously mused.

3

life

Research



Research has already found that Canadians think they're skinnier and taller than they really are, but a new study suggests they're also off the mark when it comes to the height and weight of their kids. The Statistics Canada research suggests rates of childhood obesity in the country are inaccurate as they most often rely on data from parents. The study found that on average, parents underestimated their child's height by 3.3 centimetres and weight by 2.4 pounds.

THE CANADIAN PRESS

You should try the minimum

► Even 15 minutes of exercise a day can add years to life, study finds ► Don't use it to slack

Don't despair if you can't fit in the recommended 30 minutes of daily exercise. Growing evidence suggests that even half that much can help.

It's still no excuse to slack off. Regular exercise strengthens muscles, reduces the risk of some diseases and promotes mental well-being. The more exercise, the better.

But not everyone has the time or willpower. So researchers set out to find the minimum amount of physical activity needed to reap health benefits. The findings by a study in Taiwan suggest just 15 minutes of moderate exercise a day can lead to a longer life. This "may convince many individuals that they are able to incorporate

physical activity into their busy lives," Dr. Anil Nigam of the University of Montreal said in an email.

Nigam had no role in the research but wrote an editorial on the study published last week.

Fitness guidelines recommend that adults get at least a half-hour of moderate workout most days.

THE ASSOCIATED PRESS



► New research concludes that even 15 minutes of moderate exercise a day can add years to your life.

FILE PHOTO/THE ASSOCIATED PRESS



Female smokers' bladder cancer risk now equals that of males: study

A comfy & funky lunch spot

► Humani-T Café Gelateria offers eats such as gelato, wraps, sandwiches, salads & baked goods ► It pulls double duty as a natural health products store

LUNCH RUSH

VALERIE MANSOUR
FOOD@METRONEWS.CA



Humani-T is a two-level café and natural health products store.

There are baked goods, teas and coffees, healthy lunches and gelato.

We order at the counter and wander to the upstairs deck overlooking the busy



► Curry Chicken Wrap and Pasta Salad.

VALERIE MANSOUR

► **Humani-T Café Gelateria**
5744 Young St.
454-9999
humanitcafe.com
Client negotiations: Yes
Social lunch: Yes
Price range: \$\$
Rating: 3 out of 5

Young and Agricola intersection. Our sandwiches arrive promptly. My Curry Chicken Wrap includes nicely-done chicken, green onion, celery, apple, mayo and curry paste. The apple gives it a fresh taste, but I find the curry bitter.

I covet my pal's fabulous Chicken Pesto Panini — chicken breast, avocado, tomato, spinach with mayo and a basil pesto. Now *this* is a sandwich.

We share a large Pasta Salad — an appetizing mix of tri-colour fusili tossed

with cucumber, olives, red onion, tomato and feta.

Since gelato is a house specialty, we try the rich Dark Chocolate and the refreshing Mango Ginger.

It's a decadent finish to a satisfying lunch at comfy, funky Humani-T.

MATTHEW MEAD/ THE ASSOCIATED PRESS

Doctored Ice Cream



No time to whip up homemade ice cream? You can doctor the purchased variety.

Preparation:

1 Open ice cream and microwave on high power for 30 seconds. It's best to work in 10-second intervals, checking ice cream between each. You are aiming for

just soft enough to mix with a spoon, but not melted.

2 Transfer softened ice cream to large bowl and add the ingredients of your choice. Mix well, then transfer to a litre-size container with a tight lid. Freeze until solid, 1 to 2 hours.

THE ASSOCIATED PRESS

Ingredients:

- 500 ml (1 pint or 2 cups) vanilla or chocolate ice cream

Add-In Suggestions

- Dried cherries and broken chocolate-covered pretzels
- Crumbled chewy molasses cookies and apricot jam
- Crushed banana chips, mini marshmallows and mini chocolate chips
- Cubed pound cake and chopped strawberries
- Almond extract and chunks of marzipan

The smoky flavours of the South

► With its smoke and sarsaparilla tastes, Grilled beef brisket is perfect suited for a casual get-together

Preparation:

1 Slice off top of garlic heads, wrap them in foil and bake in a 180 C (350 F) oven until softened, about 50 minutes. Squeeze garlic cloves into large sealable freezer bag; stir in onion, root beer, Worcestershire sauce, vinegar, sugar, honey, mustard, pepper and salt.

2 Pierce the beef brisket-pot roast all over with fork; add to freezer bag and seal, squeezing out

as much air as possible. Refrigerate for 24 hours, turning occasionally.

3 Transfer the marinade into a saucepan and add 250 ml (1 cup) water. Boil the marinade for 3 minutes. Set aside.

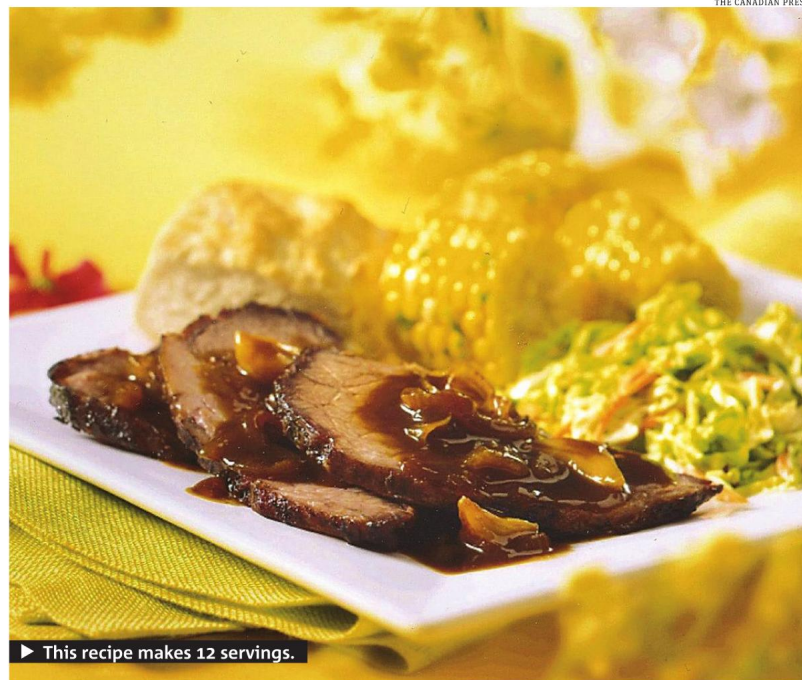
4 For a 3-burner barbecue, place drip pan under grill in centre of barbecue; add 1 cm (1/2 inch) water to pan. Light remaining 2 burners and heat barbecue to low (110 C/225 F). Seal soaked hardwood

Ingredients:

- 2 heads garlic
- 1 large onion, sliced
- 1 can (355 ml) root beer
- 50 ml (1/4 cup) each Worcestershire sauce and red wine vinegar
- 50 ml (1/4 cup) each packed brown sugar and liquid honey
- 15 ml (1 tbsp) dry mustard
- 5 ml (1 tsp) pepper
- 2 ml (1/2 tsp) salt
- 1.8 kg (4 lb) beef brisket pot roast (thick double/point end/deckle section, not flat end/first cut)

chips in foil and poke with holes to let smoke escape; place under grill over a lit burner.

5 Place the roast, fat side up, on grill over drip pan. Maintaining constant temperature, close lid and cook, turning every 2 hours and basting with the marinade, for a total of



► This recipe makes 12 servings.

5 hours.

6 Remove roast to cutting board; let stand. Mean-

while, boil remaining marinade until thickened and onions are softened, about 20

minutes. Serve with thin slices of warm brisket.

THE CANADIAN PRESS/
BEEFINFO.ORG

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LESSONS IN CHEAP Is the fund love mutual?

FUN AND FRUGAL

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MONEY@METRONEWS.CA



Feeling stressed about back-to-school shopping?

You're not alone! According to a July 2011 survey conducted by VISA, Canadian households are frazzled by the crowds and are feeling gouged at the till.

The average family plans to spend \$400 dollars this year on back-to-school paraphernalia. Of that, almost 50 per cent will be allocated towards clothing.

Save money on back-to-school shopping by slicing your budget in half, starting early and getting creatively frugal. Take an inventory of what you already have; pens, paper, software, backpacks, etc. Don't buy new supplies just because Junior

wants them. Shop for necessary supplies throughout the year when stores have sales. Many stores are suffering from low consumer spending and plan to blow out inventory at clearance prices this fall to stimulate sales volumes. Get there early before the quality supplies have been picked over.

Hit up thrift shops, garage sales, neighbourhood clothing exchanges, and websites like eBay or Craigslist. See if you can pick up gently used supplies, computers, furniture, or clothing.

Costco or other wholesalers carry a variety of back-to-school inventory at affordable prices. If your kids have outgrown clothes or no longer need their textbooks, sell them on consignment or exchange with another family.

You don't need to spend hundreds of dollars on back-to-school shopping. School is a place of learning, not a fashion show.

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



As the last 10 days, and indeed the last 10 years of the stock market have taught us, the financial you-know-what hits the fan on a pretty regular basis.

Recently, many pundits have urged us not to sell our holdings (usually mutual funds) in a panic because good investments will survive the carnage.

This is essentially the buy and hold philosophy, which has been a staple bit of investment advice for decades.

The trouble is it works just fine for mutual fund companies and commission based advisors because they get paid through fees as long as you hang on to your

funds. But it doesn't work for most investors.

The reason is that during market meltdowns bad investments are hauled down further than good ones. They also take longer to recover and some never do.

How do you know you've got a stinker of a fund? Easy. Look it up. One of the best sites is morningstar.ca. Type in the name of your fund then click View Quick-take Reports.

Look down the quote page to the performance chart to see how well the fund has done over time compared to its category.

The chart will show a graph with three lines indicating how your fund fares relative to its category and also relative to the broader market.

For example, a broad-based Canadian equity fund would be compared against its category and also against the S&P/TSX Composite Index.



► Alison's money rule: A down market is the perfect time to evaluate the quality of your mutual funds.

You can also ask your advisor to pull up the same information for you on each of the funds you hold.

Note that most mutual funds will not perform as well as the index. Your goal is to have funds that outperform their category.

If any of your funds are sub-par you may want to sell and buy better ones in

the same category (check into deferred sales charges first).

You will likely still get sucked down by stock market meltdowns when they happen but a good fund will ride it out much better than its lower quality cousin.

CONTACT ALISON AT
ALISONGRIFFITHS.CA OR
GRIFFITHS.ALISON@GMAIL.COM

A GIFT THAT MAKES YOU GIVE



► Gift certificates can sometimes be a tricky gift.

CHARLES THE BUTLER



ASKCHARLES
THEBUTLER@
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FOR MORE, VISIT
CHARLES
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I received a gift certificate from a girlfriend for X-mas. It is for both of us (it was a two-for-one deal) at a spa. After reading the fine print I

noticed that "we" are responsible for tax and tip. My question is this: should I have to pay for my half? I didn't expect to have to end up paying for a gift. Fifteen per cent tax and 15 per cent tip (at least) is going to end up being kinda spendy on the \$200 gift certificate. Am I wrong to expect her to pay for at least the tax and I can be left to decide what tip I would leave? Karen

Dear Karen,

I fully agree with you that it would be correct for

your friend to pay the taxes on the gift that she has given you.

However, I suspect that this is going to end up your expense. I find it strange that the taxes were not collected at the time of purchase, however it is what it is.

Putting taxes aside, any gratuity would be your responsibility unless your friend advises you that she has taken care of this.

HAVE A QUESTION? EMAIL CHARLES AT
ASKCHARLESTHEBUTLER@
METRONEWS.CA.

POPQUIZ

I keep reading news about a slowdown in the US economy – should I sell my investments?

A: Money in America? Is that an oxymoron?

B: You should invest! You can't get the ups without going through the downs.

FIND TIPS & TRICKS

in Allan Small's Investment Perspectives Column: Negative news provides a drag on the market.

This column and more available at
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Find advice on personal investing, financial planning, student money and calculators provided by TD Bank.

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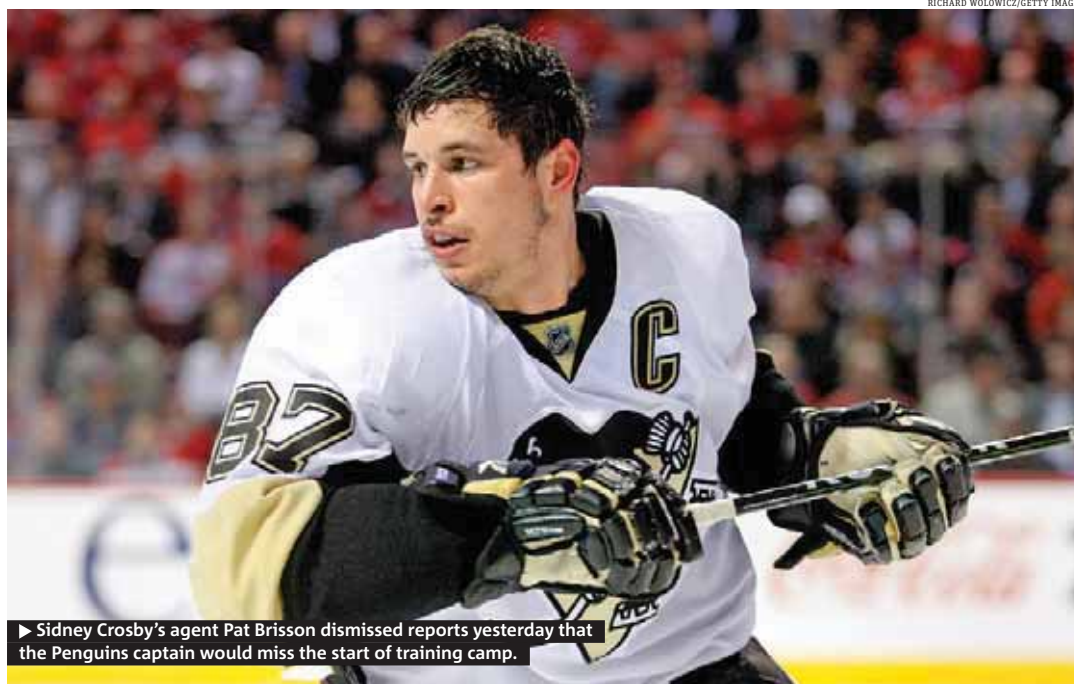
metro

4
sports

Quoted



Halifax Mooseheads general manager Cam Russell and head coach Dominique Ducharme travelled to Montreal yesterday to meet with second overall pick Jonathan Drouin, his parents, and agent Petr Svoboda. Drouin does not plan to play in the QMJHL this season and the Mooseheads have yet to convince him to change his mind. Russell said they were "still talking" late last night.



► Sidney Crosby's agent Pat Brisson dismissed reports yesterday that the Penguins captain would miss the start of training camp.

'Sidney hasn't been shut down by anyone'

► Crosby's agent responds to CTV reports that said Crosby suffered setbacks

With a little over three weeks to go before the Pittsburgh Penguins are scheduled to open training camp, Sidney Crosby's status remains as uncertain as ever.

Amid speculation the Penguins captain has suffered a setback in his recovery from post-concussion syndrome, Crosby's agent released a statement yesterday to pour cold water on media reports.

"Sidney hasn't been shut down by anyone," said agent Pat Brisson of CAA Sports. "He has sim-

ply adjusted his summer program accordingly to the different needs (required) for appropriate recovery."

Brisson indicated that Crosby will address the media at an "appropriate time" to provide an update on his condition.

The 24-year-old hasn't spoken to reporters since two days after the Penguins season ended in April. He last appeared in a game on Jan. 5, when he took a blow to the head for a second straight game and was diagnosed with a concussion.

Last week, Penguins general manager Ray Shero told reporters Crosby "has progressed really well this summer" and indicated the star centre was due to return to Pittsburgh for evaluation before the team opens training camp on Sept. 17.

However, Shero stopped short of predicting whether Crosby would be in the lineup when the Penguins open the regular season on Oct. 6.

"There is no expectation from me that he won't be ready or he will be ready," Shero said.

Last night, CTV News reported Crosby had suffered a setback that forced him to cancel all of his scheduled on-ice workouts in a Halifax rink.

Citing several unnamed sources, the network also said it appears unlikely that Crosby will attend the start of training camp — a claim Brisson took issue with.

"Training camp is in three weeks from now," he said. "It is too premature to speculate all kinds of deliberate information at this point."

THE ASSOCIATED PRESS



Moose's line experiment going well

The Halifax Mooseheads have wasted no time figuring out whether two of their best offensive threats have a future as linemates.

Head coach Dominique Ducharme immediately paired up second-year right-winger Martin Frk with rookie and first overall draft choice Nathan MacKinnon upon Frk's arrival at training camp last Friday.

Frk ended up scoring twice in Friday's intrasquad game and added another goal in Saturday's pre-season opener off a great pass from MacKinnon.

"We want to be trying other things for sure ... But they clicked together, they made some nice plays," Ducharme said. "That's one option we have and so far we think it could work."

While Ducharme may split them up as the pre-season continues this coming weekend, it likely will be difficult to keep them apart for long.

Frk led the team in scoring last season and is a potential first-round pick in next June's NHL draft. MacKinnon is already touted as one to watch for the 2013 draft.

"It's good fun — he's a great player and I can learn a lot off his game," MacKinnon said. "We work pretty well together and hopefully we can continue to do that." ● MATTHEW WUEST

Huskies set to open up camp



► Craig Leger

The Saint Mary's Huskies football team opens training camp tomorrow at Huskies Stadium.

The Huskies, who are gunning for a fifth straight Atlantic University Sport championship, will head back to the field with fifth-year standouts Craig Leger and Mark Holden leading the way as team captains.

Both Leger and Holden

are all-stars, with Leger at running back and Holden at defensive back.

The Huskies are gearing up for a pre-season game against the Acadia Axemen on Saturday, Sept. 3, at Huskies Stadium.

Only one time in AUS history, from 1999 to 2004, have the Huskies won five straight AUS banners.

● METRO

Sports in brief

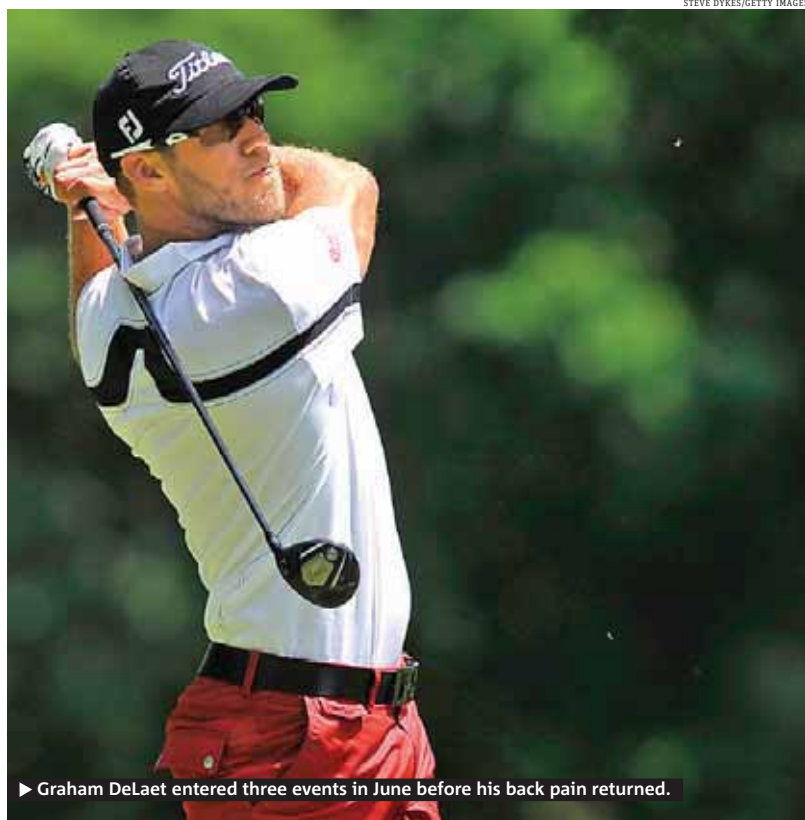
City, Suburban clash in final

SOCCER. Halifax City and Suburban FC will clash for the EastLink Premiership men's soccer banner tonight at 6:30 p.m. at Mainland Common. City (7-1-6) has one win and two ties against Suburban (6-6-3) this season. ● METRO

Armada land Hawes in trade

QMJHL. The Blainville-Boisbriand Armada, formerly the Montreal Juniors, traded forward Louis Leblanc's rights to the Shawinigan Cataractes for Tangier's Cole Hawes yesterday. Leblanc is expected to play in the AHL this season. Hawes had 16 points in 40 games with the Lewiston Maineiacs last season. ● METRO

STEVE DYKES/GETTY IMAGES



► Graham DeLaet entered three events in June before his back pain returned.

A year spent in the rough

► Back problems have kept Graham DeLaet from following up on his strong PGA debut in 2010

This was supposed to be Graham DeLaet's time to shine.

With an impressive rookie season on the PGA Tour under his belt and a wide open landscape in Canadian golf, the 29-year-old from Weyburn, Sask., seemed poised to step to the forefront of the sport in this country.

Instead, his 2011 season never even got off the ground. DeLaet had back surgery the first week of January and appears likely to finish the year having only played a handful of tournaments.

"When I'm feeling 100 per cent, I'm going to (return)," DeLaet said yesterday in an interview. "I'm not going to do it any sooner than that."

He already got a small taste of what it's like to come back too soon, having entered three events in June before the soreness

"The worst thoughts cross your mind: 'Will I ever be able to play again?'"

GRAHAM DELAET

and stiffness returned.

There remains a possibility he might take part in the PGA Tour's Fall Series — four tournaments held in October following the playoffs — but it is far from certain. That was the best stretch of events DeLaet played as a rookie last season and allowed him to keep his fully exempt status.

It would be tough to let them pass by this year.

"I played well in the Fall Series last year so that part of me wants to get going," said DeLaet. "But at the same time, I had that feeling in June and I went out and played and it was just

too early. The competitor inside me wants to go but I think you have to step back and look at the big picture before you make any kind of commitments."

There is some reason for optimism. DeLaet's back has progressively started feeling better in recent weeks and he's found himself able to perform more challenging positions in bikram yoga.

DeLaet plans to ask the Tour for a medical exemption that will give him 26 total tournaments in 2012 to earn the equivalent of 125th spot on the money list this year.

The back problems date back to an injury DeLaet suffered while playing hockey as a teenager. The pain became unbearable towards the end of last year, forcing him to have surgery to remove a portion of a herniated disc.

THE CANADIAN PRESS

Raiders roll dice on QB Pryor

The Oakland Raiders used a third-round pick yesterday in the NFL's supplemental draft to select former Ohio State quarterback Terrelle Pryor.

The Raiders and the league announced that Oakland used the 18th selection of the round for Pryor.

Pryor will not be eligible to practice with or play for Oakland during the regular season until the team's sixth game. When he was allowed to enter yesterday's draft, he was handed a five-game suspension by commissioner Roger Goodell. Pryor gave up his final season with the Buckeyes after an investigation into the team's memorabilia-for-cash scandal.

There has been speculation that Pryor could become a receiver, but Raiders coach Hue Jackson said he views Pryor as a quarterback. THE ASSOCIATED PRESS

Sports in brief

Cubs put shortstop on bench

BASEBALL. Cubs shortstop Starlin Castro was held out of the starting lineup against Atlanta last night, one night after television cameras caught him not paying attention in the field as a pitch was thrown.

THE ASSOCIATED PRESS

Silver medal for Canada

BASKETBALL. The Canadian men's basketball team won silver at the World Universiade yesterday, watching its gold-medal hopes slip away over a shaky second half.

The Canadians lost 68-55 to Serbia in their first appearance in the gold-medal game since 1997, shooting just 4-for-26 from the field over the final two quarters.

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FOR AUGUST 22ND

Alyssa Reid - The Game
Jason Derulo - Don't Wanna Go Home
Pitbull ft Marc Anthony - Rain Over Me
Classified - Day Doesn't Die
Rihanna - California King Bed
Maroon 5 - Moves Like Jagger
Nicki Minaj - Superbass
Bad Meets Evil ft Bruno Mars - Lighters
Britney Spears - I Wanna Go

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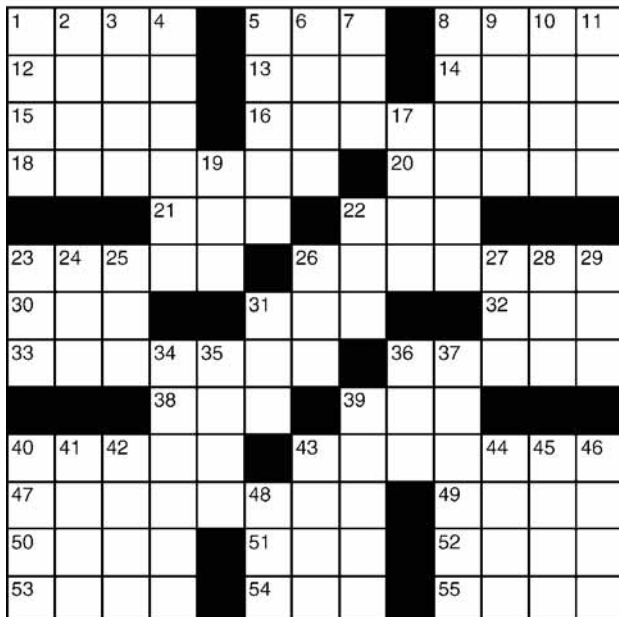
Crossword

Across

- 1 Difficult
5 Burst
8 Crooned
12 Old map abbr.
13 Exist
14 Akron's state
15 Wash
16 Wearables
18 Wearables
20 Deep canyon
21 Kids' pie filling?
22 Letter between ex and zee
23 Rush
26 Wearable
30 Wapiti
31 Arctic diving bird
32 Vast expanse
33 Wearables
36 Occurrence
38 Sailors' org.
39 Sheepish remark
40 "Ivanhoe" author
43 Wearable
47 Wearables
49 Entreaty
50 Anise-flavored Greek liqueur
51 Playground game
52 Black, in poetry
53 Adolescent
54 Pigpen
55 Unpleasantly moist

Down

- 1 Storytelling dance
2 Without delay, on a memo
3 Invitation initialism
4 Saw things in the night?
5 Manhandled

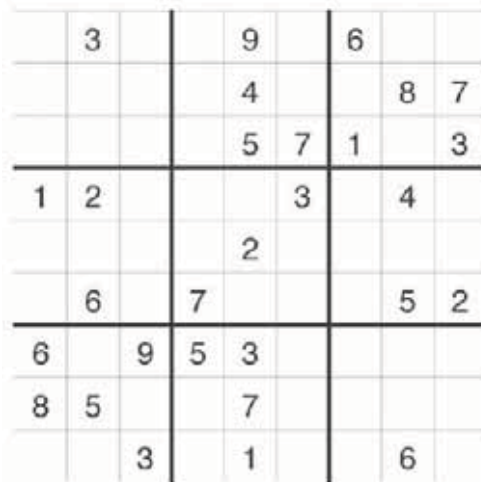


- 6 Exam format
7 Apiece
8 Fruity dessert
9 Captain's call
10 See 23-Down
11 Leaves
17 Week components
19 Wish otherwise
22 Stir-fry pan
23 With 10-Down, important woman
24 — carte
25 Enjoy Aspen
26 Slice
27 Work with
28 Fellows
29 Dine
31 Raggedy one?
34 Sheep meat
35 Bk. before Job
36 Listener
37 Improvised
39 Loose, as pants
40 Edinburgh resident
41 Hint
42 Leak slowly
43 Summertime pest
44 Exile isle
45 Night light
46 Propane holder
48 "— Impossible"

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

► Yesterday's answer

9	2	6	1	3	5	7	8	4
4	1	5	6	7	8	2	3	9
8	7	3	4	9	2	1	6	5
5	8	1	3	4	7	6	9	2
2	3	4	8	6	9	5	1	7
7	6	9	2	5	1	3	4	8
3	5	2	9	1	4	8	7	6
1	9	7	5	8	6	4	2	3
6	4	8	7	2	3	9	5	1

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

M.T.C - Hey my love, reminding U that your my everything, my world nd my heart!! I can't wait for my knight nd shining armor to arrive at my front door, so we can continue our journey together.....> Luv u with all my heart nd soul baby...nd if your a good boy you will be rewarded greatly when u come home!!!!
T.I.N.A.

Jiffy - I love you so much sweetheart, you mean everything to me, I wouldn't be myself without you :) I wanna thank you for loving me back just as much as I love you. Remember your my jelly to my peanut butter and jelly sandwich :) I love you baby!
SMUCKERS

MAN - Forget not about me. Please always remember. Even though you have a girlfriend, I will be your best friend, until our happily ever after. WOMAN



Today's horoscope

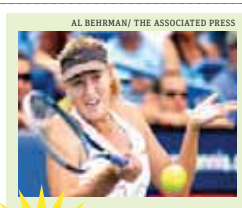
♈ **Aries** March 21-April 20 If certain people disapprove of what you are doing that's a sure sign you are doing the right thing.
♉ **Taurus** April 21-May 21 No matter how reserved you may be most of the time you will go right the other way over the next 24 hours, and with good reason.
♊ **Gemini** May 22-June 21 Move with the times, even if it means making sacrifices that might not come easy.
♋ **Cancer** June 22-July 22 You have grown tired of doing the

same old things in the same old ways, so by all means shake things up a bit.
♌ **Leo** July 23-Aug. 23 Do something random and irregular today, something that reminds friends and work colleagues alike that they should never take you for granted.
♍ **Virgo** Aug. 24-Sept. 22 Do you know what it is you are aiming for? All you have to do now is go on and get it.
♎ **Libra** Sept. 23-Oct. 23 Life always balances itself out in the end — so why worry?
♏ **Scorpio** Oct. 24-Nov. 22

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Change is not something to be feared but welcomed.
♐ **Sagittarius** Nov. 23-Dec. 21 Anyone who expects you to give up on something just because they have placed obstacles in your path doesn't know you too well.
♑ **Capricorn** Dec. 22-Jan. 20 Certain people need to be reminded just how special you are.
♒ **Aquarius** Jan. 21-Feb. 18 A new money-making opportunity will help wipe out your debts.
♓ **Pisces** Feb. 19-March 20. Always ask for help, and you'll always get it. SALLY BROMPTON

Caption contest



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Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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**LAST
CHANCE!**



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HURRY IN! OFFER ENDS AUGUST 31

2011 **SOUL** 2.0L 2u MT

OWN IT FROM **\$112*** AT **1.49%** LOAN APR PLUS **PAY FOR 90 DAYS***

bi-weekly for 60 months amortized over 84 months. \$5,728 remaining balance. Includes delivery and destination, and PPSA.

**TOP
SAFETY
PICK 2011***
INSURANCE INSTITUTE
FOR HIGHWAY SAFETY

kia.ca



Soul 4u shown[†]

HWY: 6.3L/100KM (45 MPG)
CITY: 7.7L/100KM (37 MPG)

**0% FINANCING
AVAILABLE ON
ALL 2011
MODELS****



**FOR 90
DAYS**
ON SELECT MODELS*

ALL VEHICLES INCLUDE:



**TOP
SAFETY
PICK 2011***
INSURANCE INSTITUTE
FOR HIGHWAY SAFETY

**MOTORING
2011
CAR OF THE YEAR**



Sportage EX Luxury shown

**7 PASSENGER
SEATING**



Rondo EX-V6 shown

**TOP
SAFETY
PICK 2011***
INSURANCE INSTITUTE
FOR HIGHWAY SAFETY



Sorento EX-V6 Luxury shown

2011 **SPORTAGE** LX AT

NOW GET UP TO
\$3,000
IN CASH SAVINGS.*

HWY: 6.9L/100KM (41 MPG)
CITY: 10.0L/100KM (28 MPG)

2011 **RONDO** EX 7-SEAT

OWN IT FROM **\$139*** AT **1.49%** LOAN APR

bi-weekly for 60 months amortized over 84 months. \$7,121 remaining balance. Includes delivery and destination, and PPSA.

\$0 PLUS **PAY FOR 90 DAYS***
DOWN PAYMENT

2011 **SORENTO** LX

FOR UP TO **48** MONTHS**
0% FINANCING APR

PLUS **\$1,250** LOAN SAVINGS*

HWY: 7.4L/100KM (38 MPG)
CITY: 10.6L/100KM (27 MPG)

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Offer(s) available on all new 2011 models through participating dealers to qualified customers who take delivery by August 31, 2011. Dealers may sell for less. Some conditions apply. Offers are subject to change without notice. See dealer for complete details. Vehicle images shown may include optional accessories and upgrades. *Model shown includes optional accessories and may not appear exactly as shown. All offers exclude licensing, registration, insurance, other taxes and dealer administration fees. Other dealer charges may be required at the time of purchase. Other lease and finance options also available. Dealers are free to set individual prices. Certain restrictions may apply. **0% purchase financing is available on all 2011 Kia models on approved credit (OAC). Terms vary by model and trim. See dealer for details. Representative financing example based on 2011 Kia Sorento LX (SR540B) with a selling price of \$23,995, financed at 0% APR for 48 months. Monthly payments equal \$499.90 with a down payment/equivalent trade of \$0. Cost of borrowing is \$0, for a total obligation of \$23,995. Delivery and destination fees (\$1,650), other taxes, registration, insurance, licensing, PPSSA (\$79) and dealer fees are excluded. Retailer may sell for less. See dealer for full details. *Don't Pay For 90 Days* on select models (90-day payment deferral) applies to purchase financing offers on all models on approved credit (OAC) (2011 Sportage/Sorento/Borrego/Sedona excluded). No interest will accrue during the first 60 days of the finance contract. After this period, interest starts to accrue and the purchaser will repay the principal interest monthly over the term of the contract. iLoan credit (cash savings) for 2011 Kia Sorento LX (SR540B) is \$1,250 and is available on purchase financing only on approved credit (OAC). Loan credit varies by model and trim. *Bi-weekly finance payment for 2011 Kia Soul 2.0L 2u MT (\$5051B)/Rondo EX 7-SEAT AT (RN753B) based on an MSRP of \$18,595/\$23,795 is \$112/\$139 with an APR of 1.49% for 60 months, amortized over an 84-month period. Estimated remaining principal balance of \$5,728/\$7,121, plus applicable taxes due at end of 60-month period. Offer includes a loan credit of \$1,000/\$1,500, delivery and destination fees of \$1,650 and PPSSA (\$79). *Cash purchase price for 2011 Sportage LX AT (SP758B) is \$21,295 and includes a cash credit of \$3,000, based on an MSRP of \$24,295. Delivery and destination fees (\$1,650), other taxes, registration, insurance, licensing, PPSSA (\$79) and dealer fees are excluded. Available at participating dealers. *Highway/city fuel consumption of these vehicles may vary. These estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the Government of Canada publication *EnerGuide Fuel Consumption Guide*. *2011 Kia Sportage/2011 Kia Soul/2011 Kia Sorento awarded the Top Safety Pick by the Insurance Institute for Highway Safety. The award is applicable to all 2011 Sportage/Sorento models manufactured after March 2010. Visit www.iihs.org for full details. ~2011 Kia Sportage awarded Car of the Year by Motoring 2011 for Best SUV/CUV (under \$40,000) and overall Car of the Year. Visit www.motoringtv.com for full details. *The Bluetooth* word mark and logo are registered trademarks and are owned by Bluetooth SIG, Inc. Some conditions apply to the \$500 Grad Rebate Program and \$750 Kia Mobility Program. See dealer for details. Information in this advertisement is believed to be accurate at the time of print. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia Canada is the official automotive sponsor of Mothers Against Drunk Driving (MADD Canada). KIA is a trademark of Kia Motors Corporation.

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